

## A STUDY IN PHYSICAL DEVELOPMENT.

*Characteristics.**Effects.**Childhood. Ages 4-8.*

Rapid growth in height.  
 Rapid growth in weight.  
 Rapid circulation.  
 Brain, nearly done growing at 6;  
 after 8th year, grows but  
 little.  
 Tender tissues.

Little continuous resistance of  
 fatigue.  
 Restless activity.  
 Develops power to associate ideas;  
 results in habit formation.  
 High death rate.

*Boyhood and Girlhood. Ages 9-12.*

Increase in height.  
 Proportionate increase in weight.  
 Muscular development.  
 Brain, rapid growth of nerve fiber.

Great activity.  
 Physical vigor develops.  
 Careless; awkward. Low death  
 rate.  
 Growth of attentive faculty; re-  
 tentive memory.

*Early Adolescence. Ages 13-16.*

Heart and large arteries increase  
 in size; circulation more  
 rapid.  
 Shoulders broaden; women get  
 full figure. Men's beard  
 grows.  
 Unequal growth of muscles and  
 bones.  
 Vocal cords elongate.  
 Brain, stops growing at 15.

Growth of body consumes energy.  
 Laziness; instability; lack of  
 energy.  
 Pride in appearance; later, fas-  
 tidious.  
 Awkward.  
 Voice deepens; tone becomes  
 fixed.  
 Student habit should be formed.

*Middle and Later Adolescence. Ages 17-25.*

Little increase in height.  
 Muscles develop size and strength.  
 Nervous system well developed.  
 Brain, is full grown.

Full tide of conscious manhood  
 and womanhood. Appetites  
 and desires strong. Great  
 endurance possible; love of  
 athletics.  
 Will power developed.  
 Period of reasoning and judg-  
 ment; hard study possible.

## SOME PERIODS OF INTEREST.

In Sunday-school teaching half the battle is in gaining and holding attention. Without attention there is no teaching.